

**What is  
DSMT?**

**Who should be referred  
for DSMT?**

**What is a Certified  
Diabetes  
Educator?**

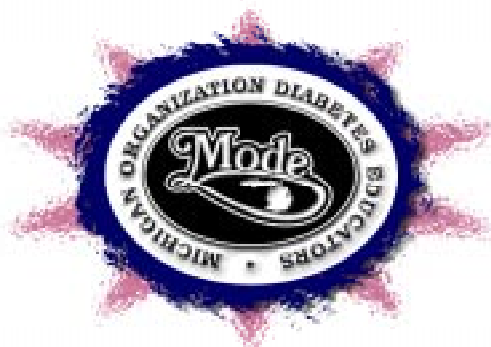
**Who reimburses  
for DSMT?**



**THE HEALTH CARE PROVIDERS' GUIDE TO  
DIABETES SELF-MANAGEMENT TRAINING (DSMT)  
PROGRAMS IN MICHIGAN**

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# WHAT IS DIABETES SELF-MANAGEMENT TRAINING (DSMT)?

## Definition<sup>1</sup>

An interactive, collaborative, ongoing process involving individuals and groups of individuals who have diabetes, or who are at risk of developing the disease, and diabetes educators that includes:

- Assessment of needs
- Identification of specific diabetes preventive or self-management goals
- Education and behavioral intervention directed toward helping to achieve identified self-management/prevention goals
- Evaluation of attainment of identified self-management/prevention goals

## Standards for DSMT include assessing the need for, and delivering as appropriate, ten content areas<sup>2</sup>

- Describing the diabetes disease process and treatment options
- Incorporating appropriate nutritional management
- Incorporating physical activity into lifestyle
- Utilizing medications (if applicable) for therapeutic effectiveness
- Monitoring blood glucose and urine ketones (when appropriate) and using the results to improve control
- Preventing, detecting, and treating acute complications
- Preventing (through risk reduction behavior), detecting, and treating chronic complications
- Goal setting to promote health and problem solving for daily living
- Integrating psychosocial adjustment to daily life
- Promoting preconception care, management during pregnancy, and gestational management

## Diabetes Self-Management Training Programs

- Are structured entities that provide DSMT in a variety of settings throughout the state
- May be eligible for third party reimbursement (see pages 5 & 6)
- Offer training in group and/or one-to-one sessions
- Frequently sponsor support groups and community programs to help meet training needs of participants in a culturally relevant manner and to address continuing education needs

**Self-management training is a critical part of the medical plan for people with diabetes or who are at risk for development of the disease. Medical treatment of diabetes without systematic self-management training cannot be regarded as acceptable care.<sup>3</sup>**

# WHAT ARE THE BENEFITS OF DIABETES SELF-MANAGEMENT TRAINING (DSMT)?

## Diabetes self-management training

- Increases knowledge
- Effects positive behavior changes

## Knowledge and behavior change

- Decreases HbA<sub>1c</sub>\*
- Prevents diabetes or its complications

\*HbA<sub>1c</sub> (Hemoglobin A1c, glycosylated hemoglobin) is a blood test that measures glycated proteins, primarily hemoglobin and serum proteins, that is directly proportional to the ambient glucose concentration and reflects the previous 2-3 months of glycemic control. HbA<sub>1c</sub> is an important predictor of many of the chronic complications of diabetes.

## Scientific Evidence

- Norris, Susan L. et al. reviewed 72 randomized controlled trials of diabetes self-management training (DSMT) in type 2 diabetes and concluded that there were positive effects of self-management training on knowledge, frequency and accuracy of self-monitoring of blood glucose, self-reported dietary habits and glycemic control in studies with follow-up time frames of six months or less<sup>4</sup>.
- Another meta-analysis by Norris et al. concluded that DSMT is effective in decreasing HbA<sub>1c</sub> in the short term and states “... effective diabetes education is an integral part of comprehensive diabetes care”<sup>5</sup>.
- Individualized data analysis from the regional **Michigan Diabetes Outreach Networks** showed a positive downward trend in the levels of glycosylated hemoglobin<sup>6</sup>.
  - Between 1995-97 there was a decrease in the glycosylated hemoglobin values of 0.69 percent (N=9,617 intakes and 4,749 follow-ups).
  - Between 1999-01 values decreased 1.15 percent (N=10,982 intakes and 3,158 follow-ups).
  - **Michigan Certified Diabetes Self-Management Training Programs** contributed 65% of this data.
- The ten-year United Kingdom Prospective Diabetes Study (UKPDS) confirmed that intensive blood glucose control in patients with type 2 diabetes reduced the incidence of diabetic complications, especially microvascular disease<sup>7</sup>.
  - According to the United Kingdom Prospective Diabetes Study (UKPDS), for every percentage point decrease in glycosylated hemoglobin, (e.g. 9 to 8 percent), there was a 35 percent reduction in the risk of microvascular complications<sup>8</sup>.
- A study published in The Journal of the American Medical Association indicated that a sustained reduction in HbA<sub>1c</sub> among adult persons with diabetes was associated with a cost reduction of \$685 to \$950 less per person per year within one to two years of improvement<sup>9</sup>.
- The Diabetes Prevention Program (DPP) found that lifestyle change that effects modest weight loss and increased physical activity, can return the blood glucose levels of persons with “pre-diabetes” (persons at risk for developing diabetes – see page 4) to normal range<sup>10</sup>.

Diabetes Self-Management Training Is Cost-Effective

## WHO PROVIDES DIABETES SELF-MANAGEMENT TRAINING (DSMT)?

*“No diabetes management tool - - no new oral agent, insulin or medical device - - is as important as the services of a Certified Diabetes Educator. This relatively new health care profession has added immeasurably to the provision of good diabetes care.”*

**Christopher Saudek, MD, past president of the American Diabetes Association and professor of medicine at Johns Hopkins University**

- A Certified Diabetes Educator (CDE) receives periodic certification from the National Certification Board for Diabetes Educators and is recognized as the most qualified health care professional to provide DSMT.
  - Certification as a diabetes educator indicates that the health care provider possesses distinct, specialized and current knowledge and experience in the field of diabetes.
  - Qualifications
    - Licensure or registration as a health care professional or minimum of a master’s degree in various, specified healthcare fields
    - Minimum of two years of professional practice experience in diabetes self-management training in a health care setting
    - Minimum of 1,000 hours of diabetes self-management training experience within the past five years
    - Current employment in a primary role as a diabetes educator at a minimum of four hours per week
    - Successful completion of certification examination.
  - For additional information, including a listing of CDEs in Michigan, see page 17 - Michigan Organization of Diabetes Educators (MODE) and National Certification Board for Diabetes Educators.

## WHO SHOULD BE REFERRED FOR DIABETES SELF-MANAGEMENT TRAINING (DSMT)?

- People newly diagnosed with diabetes
  - Diagnostic criteria<sup>11</sup>
    - Symptoms of diabetes (polyuria, polydipsia, and unexplained weight loss) plus casual plasma glucose concentration (any time of day without regard to time since last meal)  $\geq 200$  mg/dl. Confirm these criteria by repeat testing on a different day
    - Fasting plasma glucose (no caloric intake for at least eight hours)  $\geq 126$  mg/d
    - Two hour plasma glucose  $\geq 200$  mg/dl during an oral glucose tolerance test (glucose load containing the equivalent of 75 g anhydrous glucose dissolved in water)
- People with diabetes who have never received comprehensive diabetes self-management training.
- People with diabetes who have had a change in medical protocol or treatment modalities or a significant change in symptoms or condition.
- DSMT should be considered for people at risk for developing diabetes\*
  - The results of the Diabetes Prevention (DPP) clinical trial showed that diet and exercise could effectively delay diabetes in a diverse American population of overweight people with impaired glucose tolerance<sup>12</sup>.
  - Pre-diabetes and insulin resistance syndrome (syndrome X or metabolic syndrome) identifies people at risk for developing diabetes<sup>13</sup>.
    - Pre-diabetes is defined as:
      - **impaired glucose tolerance (IGT)**
        - fasting plasma glucose  $< 140$  mg/dl and a two hour oral glucose tolerance test value between 140 and 199 mg/dl or
      - **impaired fasting glucose (IFG)**
        - fasting plasma glucose level  $\geq 110$  mg/dl but  $< 126$  mg/dl).
    - Insulin resistance syndrome also known as syndrome X or the metabolic syndrome is defined as<sup>14</sup>:
      - people who have three or more of the following criteria:
        - **Abdominal obesity:**  
waist circumference  $> 102$  cm in men and  $> 88$  cm in women
        - **Hypertriglyceridemia:**  
 $\geq 150$  mg/dl (1.69 mmol/L).
        - **Low high-density lipoprotein (HDL) cholesterol:**  
 $< 40$  mg/dL (1.04 mmol/L) in men and  $< 50$  mg/dL (1.29 mmol/L) in women.
        - **High blood pressure:**  
 $\geq 130/85$  mm Hg.
        - **High fasting glucose:**  
 $\geq 110$  mg/dL ( $\geq 6.1$  mmol/L).

\*Medicare does not currently reimburse DSMT programs for DSMT for persons with “pre-diabetes” or who are “at risk”

## **WHAT ARE INDICATORS OF QUALITY DIABETES SELF-MANAGEMENT TRAINING PROGRAMS (DSMT)?**

### **Accreditation of DSMT Programs**

- Michigan Department of Community Health Certification
- American Diabetes Association (ADA) Education Recognition Program

### **Program Standards (adopted by both MDCH Certification and ADA Recognition)**

- 2000 National Standards for Diabetes Self-Management Education Programs<sup>15</sup>
  - Organizational support
  - Resources to meet the needs of the target population
  - An established system to assist with annual program review and planning
  - A qualified program coordinator
  - A multifaceted education instruction team
  - Regular continuing education obtained by instructors.
  - Written curriculum that includes specified content areas.
  - Education based on an individualized assessment
  - Documentation of the education process in permanent, confidential education record
  - Utilization of a CQI Process to evaluate program effectiveness

# WHO REIMBURSES FOR DIABETES SELF-MANAGEMENT TRAINING (DSMT)?

## State-regulated health insurance

- Michigan's "Diabetes Cost Reduction Act" (DCRA), enacted March 28, 2001
  - State-regulated insurance companies were mandated to provide a program to prevent the onset of diabetes and to reimburse for diabetes self-management training provided by a diabetes outpatient-training program certified to receive Medicaid or Medicare reimbursement.
  - The Michigan Office of Financial and Insurance Services (OFIS) is responsible for implementation of this act.
  - Self-funded insurance plans are exempt from the DCRA and may or may not provide reimbursement for diabetes self-management training.

## Medicaid

- State DSMT Program Certification and medical provider authorization are required for Medicaid reimbursement of DSMT.

## Medicare

- The Outpatient Diabetes Self-Management Training Act implemented February 27, 2001 expanded coverage of outpatient diabetes self-management training as authorized by the Balanced Budget Act of 1997.
- The act provides Medicare coverage for a ten-hour initial training and follow-up training of two hours per year.
- Reimbursement for services outlined in that act is provided by Medicare only if education is provided by a DSMT program that is accredited by an agency approved by Medicare.
  - Beneficiary must meet criteria outlined on page 15
- Medicare approved accrediting agencies
  - American Diabetes Association (Education Recognition Program)
  - Indian Health Service (Integrated Diabetes Education and Care Recognition Program)

## **Accredited Diabetes Self-Management Training Programs (DSMT) in Michigan By County**

**A=ADA only, S=State only, AS=both ADA and State**

**NOTE: Most DSMT s have financial assistance resources available to attendee on an "as needed" basis**

### **Allegan**

S 555 Linn Street  
Allegan General Hospital  
Allegan MI 49010  
(269) 686-4088

AS Borgess Pipp Health  
Center  
Outpatient Diabetes  
411 Naomi  
Plainwell MI 49080-9911  
(616) 226-8321

S Holland Hospital  
602 Michigan Avenue  
Holland MI 49423  
(616) 394-3211

### **Alpena**

AS Alpena General Hospital  
1501 W Chisholm  
Alpena MI 49707  
(989) 356-7548

### **Arenac**

AS Standish Community  
Hospital  
805 W. Cedar  
Standish MI 48658  
(989) 846-3442

### **Barry**

AS Pennock Hospital  
1009 W Green Street  
Hastings MI 49058-1790  
(616) 945-3451 Ext. 415

### **Bay**

AS Bay Medical Center  
820 S Lincoln Ste 304  
Bay City MI 48708  
(989) 894-8628

### **Berrien**

S Berrien County Health  
Department  
769 Pipestone PO Box 706  
Benton Harbor MI 49023  
(616) 927-5633

AS Lakeland Medical Center  
1234 Napier Avenue  
St. Joseph MI 49085  
(616) 927-5172

AS Lakeland Regional Health  
System  
Lakeland Hospital, Niles  
31 No, St. Joseph Avenue  
Niles MI 49120

### **Branch**

AS Community Health Center  
of Branch County  
274 E Chicago Street  
Coldwater MI 49036  
(517) 238-2956

### **Calhoun**

AS Battle Creek Health  
System  
Diabetes Healthways  
363 Fremont Street Ste 308  
Battle Creek MI  
(616) 966-8318

### **Cass**

AS Borgess-Lee Memorial  
Hospital  
420 W High Street  
Dowagiac MI 49047  
(269) 783-3075

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### **Charlevoix**

AS	Charlevoix Area Hospital 14700 Lakeshore Drive Charlevoix MI 49720 (231) 547-8571	AS	Hurley Medical Center Hurley Diabetes Center Diabetes Self-Management Education for Diabetes During Pregnancy & Insulin Pump Management Women's Health Services, 3 West One Hurley Plaza Flint MI 48503 (810) 257-9126
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### **Crawford**

AS	Mercy Hospital Grayling 1100 Michigan Avenue Grayling MI 49738 (989) 348-0455
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AS

Hurley Medical Center  
Hurley Diabetes Center  
Diabetes  
Pediatric Program & Insulin  
Pump Management  
Hurley Children's Clinic, 806  
Tuuri  
Flint MI 48503  
(810) 762-6162

### **Dickinson**

AS	Dickinson County Healthcare System 1721 S Stephenson Iron Mountain MI 49801 (906) 776-5526
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### **Eaton**

AS	Hayes Green Beach Memorial Hospital 321 E Harris Street Charlotte MI 48813 (517) 543-1050 ext. 249
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AS

McLaren Regional  
Medical Center  
4448 Oak Bridge Drive  
Flint MI 48532  
(810) 733-3278

### **Emmet**

Northern MI Hospital  
Office of Dr. Laurie Kane  
560 West Mitchell  
Petoskey MI 49770  
(231) 348-1188

### **Gladwin**

MidMichigan Medical Center  
515 Quarter Street  
Gladwin MI 48624  
(989) 246-6232

### **Genesee**

AS	Genesys Regional Medical Center Diabetes Learning Center 3921 Beecher Road Flint MI 48532 (810) 762-4455
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AS

Grand View Health System  
N10561 Grand View Lane  
Iron Wood MI 49938  
(906) 932-2525

### **Grand Traverse**

AS

Munson Medical Center  
1105 Sixth Street  
Traverse City MI 49684  
(231) 935-8204

AS

Hurley Diabetes Center  
2700 Robert T. Longway Blvd  
Suite G  
Flint MI 48503  
(810) 239-1280

### **Gratiot**

AS

Gratiot Community  
Hospital  
300 Warwick Drive  
Alma MI 48801  
(989) 466-3227

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### **Houghton**

AS Keweenaw Memorial  
Medical Center  
205 Osceola  
Laurium MI 49913  
(906) 337-6598

AS Portage Health System  
500 Campus Drive  
Hancock MI 49930-1569  
(906) 483-1562

### **Huron**

AS Huron Medical Center  
1100 S Van Dyke  
Bad Axe MI 48413  
(989) 269-2882

AS Scheurer Hospital  
170 North Caseville Road  
Pigeon MI 48755  
(989) 453-3223 ext. 201

### **Ingham**

AS Ingham Regional Medical  
Center  
2727 S Pennsylvania  
Lansing MI 48910  
(517) 374-4911

AS McLaren Healthcare Corporation  
at Ingham Regional Medical  
Ctr/Pennsylvania Campus  
Diabetes Outpatient Program  
2727 S Pennsylvania  
Lansing MI 48901  
(517) 377-8260

AS Sparrow Hospital  
1215 E Michigan Avenue  
Suite 340  
Lansing MI 48909  
(517) 364-5956

### **Iosco**

A Oscoda Community  
Health Center  
The Diabetes Center  
5671 Skeel Road  
Oscoda MI 48750  
(800) 942-8601

### **Iron**

AS Iron County Community  
Hospital, Inc.  
1400 West Ice Lake Road  
Iron River MI 49935  
(906) 265-2153

### **Jackson**

AS Diabetes Center of Foote  
Hospital  
923 E. Michigan  
Jackson MI 49201  
(517) 787-9322 ext 234

### **Kalamazoo**

AS Borgess Medical Center  
1521 Gull Road  
North Professional Bld.  
Kalamazoo MI 49048  
(269) 226-8295

AS Borgess Medical Center  
Borgess at Woodbridge Hills  
7901 Angling Road  
Kalamazoo MI 49024  
(269) 226-8321

AS Bronson Diabetes  
Education Center  
601 John Street Box 8  
Kalamazoo MI 49007  
(269) 341-8585

### **Kent**

AS Metropolitan Hospital  
1925 Breton SE  
Grand Rapids MI 49506  
(616) 245-7930

AS Spectrum Health  
1840 Wealthy Street SE  
Mail Code 860  
Grand Rapids MI 49506  
(616) 391-9288

AS St. Mary's Mercy Medical  
Center/Grand Rapids  
300 Lafayette SE  
Suite 2045  
Grand Rapids MI 49503  
(616) 752-6079

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### **Lapeer**

McLaren Healthcare Corporation  
at Lapeer Regional Hospital  
Diabetes Outpatient Program  
1375 North Main Street  
Lapeer MI 48446  
(810) 667-5568

AS

St. John Health/St. John  
Macomb Hospital  
12000 E 12 Mile Road  
Warren MI 48093  
(586) 573-5740

A

Mercy Mount Clemens  
Corporation  
St Joseph's Mercy of  
16301 Nineteen Mile  
Clinton Township MI  
(586) 263-2664

### **Livingston**

St. Joseph Mercy Health System  
Diabetes-Livingston Hospital  
620 Byron Rd Suite 1100  
Howell MI 48843  
(517) 545-6125

### **Manistee**

S

West Shore Medical Center  
1465 East Parkdale Avenue  
Manistee MI 49660  
(231) 398-1033

### **Luce**

S

Helen Newberry Joy Hospital  
& Health Care Center  
502 W Harrie Street  
Newberry MI 49868  
(906) 293-9286

### **Marquette**

AS

Bell Memorial Hospital  
101 S Fourth Street  
Ishpeming MI 49849  
(906) 485-2118

### **Mackinac**

AS

Mackinac Straits Hospital  
& Health Center  
220 Burdette Street  
St Ignace MI 49781  
(906) 643-8585

AS

Marquette General Health  
System  
420 W Magnetic Street  
Marquette MI 49855  
(906) 225-3473

### **Macomb**

AS

Botsford General Hospital  
Bicounty Site  
13355 East Ten Mile, Suite G10  
Warren MI 48089  
(586) 759-7323

### **Mason**

AS

Memorial Medical Center  
of West Michigan  
Memorial Medical Home  
12 Atkinson Drive Suite 13  
Ludington MI 49431  
(231) 845-2434

AS

Bon Secours Hospital  
22300 Bon Brae  
St. Claire Shores MI 48080  
(586) 779-7661

AS

Mount Clemens General  
Hospital  
43900 Garfield  
Suite 225  
Clinton Township MI 48038  
(586) 412-5123

### **Midland**

AS

Mid-Michigan Medical  
Center/Midland  
4005 Orchard Drive  
Midland MI 48670  
(989) 839-1813

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### **Monroe**

AS                      Mercy Memorial Hospital  
740 N Macomb Street  
Monroe MI 48162  
(734) 242-7123

### **Montcalm**

AS                      Diabetes Outpatient  
Program of Montcalm  
County  
301 W Main Street  
PO Box 279  
Sheridan MI 48884  
(989) 291-3261 ext. 240

AS                      Tri-County Endocrinology  
Diabetes Ed. Program  
14049 13 Mile Road, Ste. 6  
Warren MI 48088  
(586) 294-0014

A                        United Lifestyle  
Diabetes Education  
407 S Nelson Street  
Greenville MI 48838  
(616) 754-6185

AS                      West Central Health Federation  
Carson City Hospital  
406 E Elm Street  
Carson City MI 48811  
(989) 584-3131

AS                      West Central Health Federation  
Kelsey Memorial Health Center  
418 Washington Avenue  
Lakeview MI 48850  
(989) 352-6825

AS                      West Central Health Federation  
Sheridan Community Hospital  
301 N Main Street  
Sheridan MI 48884  
(989) 291-3261

AS                      West Central Health  
Federation  
United Memorial Health Center  
615 S Bower Street  
Greenville MI 48838  
(616) 754-6185

### **Muskegon**

AS                      Hackley Hospital  
1700 Clinton Street  
Muskegon MI 49442  
(231) 728-4810

### **Newaygo**

AS                      Gerber Memorial Health  
Services/Diabetes Ctr.  
501 W Washington  
Newaygo MI 49337  
(231) 924-3300

### **Oakland**

AS                      Botsford General Hospital  
39750 Grand River  
Novi MI 48375  
(248) 477-6100 ext 244

AS                      Botsford General Hospital  
West Bloomfield Site  
6900 Orchard Lake Road,  
Suite 203  
West Bloomfield MI 48322  
(248) 855-5620

A                        Care Plus Inc.  
Diabetes Self-Management  
Ed. Program  
24725 West 12 Mile Road  
Southfield MI 48034  
(248) 827-9942

AS                      Detroit Medical Center  
DMC Health Care Center  
41935 West 12 Mile Rd.  
Novi MI 48377  
(248) 347-8214

AS                      Detroit Medical  
Center/Huron Valley-Sinai  
Hospital  
1 William Carls Drive  
Commerce MI 48382-2201  
(248) 624-7729

A                        Health Partners Inc.  
26877 Northwestern Highway,  
Suite 106  
Southfield MI 48034  
(248) 358-1186

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A	Prime Care Services Inc. Diabetes Self-Management 24725 West 12 Mile Road Southfield MI 48034 (248) 827-9946	S	Zeeland Community Hospital 100 S Pine Street Zeeland MI 49464 (616) 772-7576
A	Providence Hospital & Medical Centers The Diabetes Center 16001 West Nine Mile Southfield MI 48075 (248) 849-3903	<u>Roscommon</u>	Mercy Hospital-Grayling Mercy Primary Care- Prudenville 2585 W Houghton Lake Drive Houghton Lake MI 48651 (989) 348-0455
AS	St. Joseph Mercy/Oakland 44405 Woodward Avenue Pontiac MI 48341-2985 (248) 858-6653	<u>Saginaw</u>	
A	Tri County Endocrinology Diabetes Self-Management Ed. Program 14049 13 Mile Road Warren MI 48088 (586) 294-0014	A	Saginaw/Bay Comprehensive Diabetes Management Center 3150 Hallmark Court Saginaw MI 48603 (989) 790-9460
AS	William Beaumont Hospital/Royal Oak Nursing Development 3601 W Thirteen Mile Royal Oak MI 48073 (248) 551-0952	AS	Covenant HealthCare 5400 Mackinaw Suite B500 Saginaw MI 48604 (989) 583-5192
AS	William Beaumont Hospital/Troy 44201 Dequindre Road Troy MI 48085 (248) 964-8144	S	Saginaw County Health Department 1600 N Michigan Avenue Saginaw MI 48602 (989) 758-3863
	<u>Ontonagon</u>	AS	St. Mary's Medical Center/Saginaw 800 S Washington Saginaw MI 48601 (989) 776-8575
	Marquette General Health System at Ontonagon Memorial Hospital Diabetes Outpatient Program 610 S Seventh Street Ontonagon MI 49953-1449 (906) 884-4134 x140	<u>Sanilac</u>	
	<u>Ottawa</u>	AS	Marlette Community Hospital 2770 Main Street PO Box 307 Marlette MI 48453 (989) 635-4348
AS	North Ottawa Community Hospital 1309 Sheldon Road Grand Haven MI 49417 (616) 847-5332	<u>Schoolcraft</u>	
		AS	Schoolcraft Memorial Hospital 500 Main Street Manistique MI 49854 (906) 341-3210

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### **Shiawassee**

AS	Memorial Healthcare Center 1480 N M-52 Owosso MI 48867 (989) 729-4712	AS	St Joseph Mercy Health System St Joseph Center for Diabetes 5333 McAuley Drive, Ste. 2010 Ypsilanti MI 48197 (734) 712-2431
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### **St. Clair**

AS	Mercy Hospital/Port Huron 2601 Electric Avenue Port Huron MI 48060 (810) 985-1840	AS	University of Michigan Health System-Adult 400 E Eisenhower Parkway Building #2 Ste B - Briarwood Ctr. Ann Arbor MI 48108 (734) 647-5875 ext 261
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AS	Port Huron Hospital 1221 Pine Grove Avenue Port Huron MI 48060 (810) 989-3362	AS	University of Michigan Health System-Pediatric 1500 E Medical Ctr Drive D1205 MPB-0718 Ann Arbor MI 48109-0718 (734) 615-4217
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AS	St. John Health/St. John River District Hospital 4100 S River Road East China MI 48054-2909 (810) 329-5303
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### **Wayne**

As	Botsford General Hospital Detroit Site – Dr. Poleck 19335 Grand River Detroit MI 48223 (313) 794-8780
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### **St. Joseph**

AS	Sturgis Hospital 606 South Lakeview Sturgis MI 49091 (269) 659-4358	A	Center for Preventive Medicine Diabetes Treatment Ctr 22151 Moross Road Detroit MI 48236 (313) 885-2334
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AS	Three Rivers Area Hospital 1111 West Broadway Three Rivers MI 49093 (616) 273-9778	AS	Detroit Medical Center/Children's Hospital of Michigan 3901 Beaubien Blvd c/o Endocrinology Detroit MI 48203-2196 (313) 745-0209
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### **Washtenaw**

AS	Chelsea Community Hospital 775 S Main Street Chelsea MI 48118 (734) 475-4103	AS	Detroit Medical Center DMC Health Care Center-Detroit 22341 W 8 Mile Road Detroit MI 48219 Detroit MI 48223 (313) 592-3529
AS	St. Joseph Mercy Hospital/Ann Arbor 5333 McCauley Drive Suite 2010 Ypsilanti MI 48197 (734) 712-2959		

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**NOTE: Most DSMT s have financial assistance resources available to attendee on an "as needed" basis**

AS	Detroit Medical Center/Harper University Hospital 3990 John R Ste 5360 Detroit MI 48201 (313) 745-9361	AS	St. Mary Mercy Hospital Diabetes Outpatient Program 36475 Five Mile Road Livonia MI 48154 (734) 655-8945
AS	Detroit Medical Center/Sinai-Grace Hospital Professional Building 6001 Outer Drive Ste 329 Detroit MI 48235 (313) 966-3194	<u><b>Wexford</b></u>	
AS	Garden City Hospital Diabetes Self-Management Ed. Program 6245 Inkster Road Garden City MI 48135 (734) 458-4334	AS	Munson Medial Center- Cadillac Mercy Hospital Diabetes Outpatient Program 400 Hobarth Cadillac MI 49601 (231) 876-7183
A	John D. Dingell VA Medical Center-Diabetes Self-Management Ed. Program 4646 John R Detroit MI 48201 (313) 576-1000 ext 5238		
AS	Oakwood Healthcare System 18181 Oakwood Blvd Suite 305 Dearborn MI 48124 (313) 436-2508		
A	Premier Internists, P.C., A Division of Millennium Medical Group Diabetes Self-Management Ed. Program 29201 Telegraph Road Southfield MI 48034 (248) 355-0880		
AS	St John Health/Northeast Community Hospital 4777 East Outer Drive Detroit MI 48234 (313) 369-5857		
AS	St. John Health/St. John Hospital & Medical Center 22101 Moross Road P B 1 Suite 228 Detroit MI 48236 (313) 343-3383		

### ***Additional Programs***

Name \_\_\_\_\_

Address \_\_\_\_\_

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Phone \_\_\_\_\_

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## **CRITERIA FOR MEDICARE REIMBURSEMENT FOR DIABETES SELF-MANAGEMENT TRAINING (DSMT)<sup>16</sup>**

Medicare Part B covers one course of initial training for a beneficiary who has one or more of the following medical conditions present within the 12-month period before the physician's order for the training:

- (1) New onset diabetes
- (2) Inadequate glycemic control as evidenced by a glycosylated hemoglobin (HbA<sub>1c</sub>) level of 8.5 percent or more on two consecutive HbA<sub>1c</sub> determinations three or more months apart in the year before the beneficiary begins receiving training
- (3) A change in treatment regimen from no diabetes medications to any diabetes medication, or from oral diabetes medication to insulin
- (4) High risk for complications based on inadequate glycemic control (documented acute episodes of severe hypoglycemia or acute severe hyperglycemia occurring in the past year during which the beneficiary needed emergency room visits or hospitalization)
- (5) High risk based on at least one of the following documented complications:
  - a. Lack of feeling in the foot or other foot complications such as foot ulcers, deformities or amputation
  - b. Pre-proliferative or proliferative retinopathy or prior laser treatment of the eye
  - c. Kidney complications related to diabetes, when manifested by albuminuria\*, without other cause, or elevated creatinine

Providers of training must collect and record the following medical information in an organized, systematic manner at least on a quarterly basis for a beneficiary who receives training:

- (1) Duration of the diabetic condition
- (2) Use of insulin or oral agents
- (3) Height and weight by date
- (4) Results and date of last lipid test
- (5) Results and date of last HbA<sub>1c</sub>
- (6) Information on self-monitoring frequency and results
- (7) Blood pressure with the corresponding dates
- (8) Date of the last eye exam

\*If the urinalysis is negative for protein, a test for the presence of microalbumin is necessary

## Sample Referral Form for Diabetes Self-Management Training

Patient name \_\_\_\_\_ Date of Birth \_\_\_\_\_ Date of referral \_\_\_\_\_

Address \_\_\_\_\_

Street \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

Zip \_\_\_\_\_

Home phone \_\_\_\_\_ Work phone \_\_\_\_\_

Diagnosis: ☐ Type 1 ☐ Type 2 ☐ GDM ☐ IGT/IFG ☐ Other \_\_\_\_\_

### Reason for Referral

- ☐ Recent Diabetes Diagnosis
- ☐ Change in therapy
  - ☐ Initiation or initiation of change in oral therapy
  - \*☐ Initiation of insulin therapy
  - \*☐ Initiation of insulin pump therapy
- ☐ Poorly controlled diabetes  
HbA<sub>1c</sub> >8.5
- ☐ Gestational diabetes

MEDICARE Date  
REQUIREMENT \_\_\_\_\_

Height \_\_\_\_\_

Weight \_\_\_\_\_

Last lipid test \_\_\_\_\_

Last HbA<sub>1c</sub> \_\_\_\_\_

Last eye exam \_\_\_\_\_

RESULTS  
(OR MAY ATTACH COPIES)

\_\_\_\_\_ Ft \_\_\_\_\_ In \_\_\_\_\_

\_\_\_\_\_ Lbs

TC \_\_\_\_\_ LDL \_\_\_\_\_

HDL \_\_\_\_\_ TG \_\_\_\_\_

\_\_\_\_\_ % lab normal \_\_\_\_\_ %

### EDUCATION SERVICE REQUESTED – CHECK ALL THAT APPLY

☐ Comprehensive education based on assessment

☐ Other \_\_\_\_\_

Note: All patients will be introduced to self blood glucose monitoring unless order included to omit.

### DIABETES COMPLICATION AND OTHER MEDICAL PROBLEMS

☐ Retinopathy

☐ Hyperlipidemia

☐ Neuropathy

☐ CVD

☐ Nephropathy

☐ PVD

☐ HTN

☐ Other \_\_\_\_\_

### CURRENT DIABETES MEDICATIONS :

### STARTING INSULIN ORDERS

Instructions for oral agents when insulin is begun:

\*Comments/explanations or clarification of above information:

INCLUDE A COPY OF LAB RESULTS DONE WITHIN THE PAST 90 DAYS WITH THIS REFERRAL

Physician signature \_\_\_\_\_

Physician name (please print) \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Fax \_\_\_\_\_

## **Additional Information**

**American Diabetes Association Recognition .** [www.diabetes.org](http://www.diabetes.org)

**Centers for Medicare & Medicaid Services (CMS).** Medicare rule for diabetes coverage.  
<http://cms.hhs.gov>

**Diabetes Cost Reduction Act (DCRA).** State mandate for diabetes supplies and education.  
[www.michiganlegislature.org](http://www.michiganlegislature.org)

**Michigan Department of Community Health – Diabetes Self-Management Education Certification .** [www.michigan.gov/mdch](http://www.michigan.gov/mdch) Select “site map” from menu at bottom of page, then “Diabetes” from menu titled “Physical Health & Prevention”, then “Diabetes Prevention and Management” and then “DSMEP Certification Program”. Phone: 517-335-8445

**Michigan Organization of Diabetes Educators (MODE).** [www.modeonline.org](http://www.modeonline.org).  
Phone: 1-888-342-2383, ext. 6638

**National Certification Board for Diabetes Educators.** [www.ncbde.org/about.html](http://www.ncbde.org/about.html)

**Office of Financial & Insurance Services** (regulates health insurance in Michigan).  
[www.michigan.gov/cis](http://www.michigan.gov/cis) - choose “Financial and Insurance Services” from menu on left side of page

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